

INFANT FEEDING



Breastmilk is far superior to any formula in protecting against infection/disease and in promoting health.

The American Academy of Pediatrics states that Breastfeeding is the preferred method of infant feeding.



Infant Formula

Iron Fortified
Sizes and brand printed on voucher
Some formulas may be used for children.

Not Allowed: Low Iron, Earth's Best



Utah State WIC Program
P.O. Box 141013 Salt Lake City, Utah 84114-1013

1-877-WIC-KIDS

www.health.utah.gov/wic

UTAH WIC PROGRAM

Authorized WIC Foods

Effective October 2005



Your child has you. And you have WIC.

BREASTFEEDING WOMEN

These items are for breastfeeding women who receive no formula.



Carrots
2lb. Prepackaged

Not Allowed: Baby carrots, Loose, Frozen, Canned

Tuna

***Least Expensive Brand**
6 oz. or 6 1/8 oz.
Water or oil packed



DRY BEANS & PEAS



1lb. Package

- Black
- Black-eyed peas
- Chick Peas (Garbonzo)
- Great Northern
- Kidney
- Lentils
- Lima
- Mung
- Navy
- Pinto
- Red
- Soy beans
- Split peas

Not Allowed: Bean Soup Mix, Anasazi Beans

MILK

*Least Expensive Brand

Size and type as indicated on voucher
Pasteurized, fortified

Not Allowed: Chocolate, Organic, Healthy Reward, Flavored, Rice/Soy milk, Skim Royal



Foods not printed on this card may only be purchased if accompanied with a "Special Food Letter."
This letter must be printed on County Health/WIC letterhead stationary.

EGGS



***Least Expensive Brand**
Medium or Large,
White

Not Allowed: Hardboiled, Deli, Eggland Best

CHEESE



*Least Expensive Brand

May combine different sizes to equal amount printed on WIC voucher.

Bulk, pasteurized, domestic

- Cheddar (mild, medium, or sharp)
- Colby
- Colby-Jack
- Longhorn
- Longhorn-Colby
- Monterey Jack
- Mozzarella

Not Allowed: Deli, Specialty, Sliced, Shredded Imported, Cheese food/spread

PEANUT BUTTER

***Least Expensive Brand**
18 oz. Creamy or Crunchy

Not Allowed: Lowfat/nonfat, Added honey/jelly, Peanut butter spread



***Least Expensive Brand:** Any wholesale, private label, in store brand or other brands that have the same price or cost less. These foods must be authorized by WIC and stocked by the vendor. Some examples of Least Expensive Brand: Smith's, Western Family, Albertson's, Whole Sun, Target.

Other private label brands may be available. If you have questions, ask your grocery manager.

JUICES

All juices must be: Unsweetened, 100% juice;
Vitamin C fortified; Single strain juice

Not Allowed: Cocktails, Fruit drinks, Blends, Nectars, Fresh squeezed, Sunny Delight

Orange, Pineapple, Grapefruit Juice

Buy ***Least Expensive Brand***

11.5 oz./ 12 oz.



Grape Juice

Frozen, 11.5 oz./12 oz.

Buy only these brands:



Apple Juice

Frozen, 11.5 oz./12 oz.

Buy only these brands:



Cranberry Juice

Frozen, 11.5 oz./12 oz.



Tomato or Vegetable Juice

Full Strength
46 oz. can
or plastic

- Campbell's
- Great Value
- V-8



Shelf Stable Juice

11.5 oz./12 oz.

- Welch's Apple
- Welch's Grape
- Welch's White Grape

CEREALS

Examples of any combination not to exceed 36 oz.

$$12 \text{ oz.} + 12 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.} \quad 24 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.}$$

$$24 \text{ oz.} + 10 \text{ oz.} = 34 \text{ oz.} \quad 18 \text{ oz.} + 18 \text{ oz.} = 36 \text{ oz.}$$

May buy infant cereal as part of the 36 oz. or less combination

Any size boxes, bags, or any combination equal to (not over) amount printed on WIC vouchers.

These cereals meet the new Utah WIC Program Standards for iron and sugar:



Bran Flakes

- Albertsons
- Great Value
- Smith's/Kroger
- Western Family



Corn Flakes

- Albertsons
- Great Value
- Malt O Meal
- Market Pantry
- Smith's/Kroger
- Western Family



Crispy Rice

- Albertsons
- Great Value
- Malt O Meal
- Market Pantry
- Western Family



Plain Type O's

- Albertsons
- Great Value
- Market Pantry
- Malt O Meal
- Scooters
- Smith's/Kroger
- Western Family

CEREALS

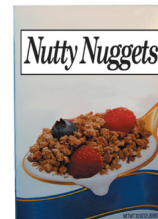
Puffed Wheat

- Malt O Meal



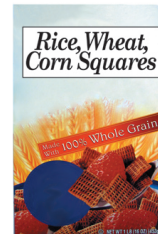
Puffed Rice

- Malt O Meal



Nutty Nuggets

- Albertsons
- Great Value
- Western Family



Rice, Wheat, Corn Squares

- Albertsons
- Great Value
- Smith's/Kroger
- Western Family

May buy infant cereal as part of the 36 oz. or less combination



Infant Cereal

Dry, Iron Fortified 8 oz. box

- Beechnut
- Del Monte
- Nature's Goodness
- Gerber

Not Allowed: Added formula, Added fruit

OTHER APPROVED CEREALS



HOT CEREALS



Oatmeal (packets only, regular flavor)

- Albertsons
- Great Value
- Market Pantry
- Maypo, Instant and Vermont Style
- Quaker
- Western Family



Creamy Wheat

- Cream of Wheat
- Great Value
- Malt O Meal
- Western Family

No flavored hot cereals allowed.



Grits

- Great Value
- Quaker